



Wisconsin Association for Home  
and Community Education, Inc.

## HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

### HCE Healthy Lifestyle

February 17 to May 11, 2019

HCE Family and Community Life focuses on all members being active, eating healthy and using local food as a state-wide activity. This four question survey will cover 13 weeks this Spring.

Complete the survey and send it to your county coordinator who can submit it using the same form, being sure to include the name, address, phone number, email address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.

In 2018 34 counties participated in "HCE Healthy Lifestyle Survey". The West District had the greatest participation, 28% of the members. The Northeast District had the greatest number eating 5 or more servings of fruits and vegetables at 50% of those replying. The Northwest District had the highest rate of members eating most of their diets from local food at 28%. Congratulations to all who participated!

Please mail all 2019 survey results by June 15, 2019. Counties with the greatest percentages will be recognized at the WAHCE state conference in September. These results will also be used in a report given by the Wisconsin WAHCE President at the NVON Conference in July.

Questions may be emailed to Veronica Sustar at [va914@yahoo.com](mailto:va914@yahoo.com), phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

Thank you to all of you for your participation. Looking forward to 2019!!

### Send survey results to:

VP Family and Community Life  
Veronica Sustar  
N2894 Overgaard Road  
Mauston, WI 53948



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## HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 4 question survey about maintaining your healthy lifestyle between February 17 and May 11, 2019.

Name; (optional) \_\_\_\_\_

County \_\_\_\_\_, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

- |   |                                   |                                  |                                   |                                  |
|---|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> walking                              | <input type="checkbox"/> hiking   | <input type="checkbox"/> running | <input type="checkbox"/> dancing  | <input type="checkbox"/> bowling |
| <input type="checkbox"/> biking                               | <input type="checkbox"/> spinning | <input type="checkbox"/> rowing  | <input type="checkbox"/> swimming | <input type="checkbox"/> skiing  |
| <input type="checkbox"/> Strong Bones or other exercise class | <input type="checkbox"/> yoga     | <input type="checkbox"/> Tai Chi |                                   |                                  |
| <input type="checkbox"/> exercise DVD                         | <input type="checkbox"/> tennis   |                                  |                                   |                                  |
| <input type="checkbox"/> other (please list) _____            |                                   |                                  |                                   |                                  |

2. How many times a week are you usually active for ½ hour or more?

- 5 or more     3 or 4     1 or 2     zero
- 3 or 4
- 1 or 2
- zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

- 8 or more     5-7     1-4     zero

4. How much of your diet is raised, grown or made within 100 miles of you?

- Most     About half     Some     Very little     Unsure

Questions? Email Veronica at va914@yahoo or phone 608-847-1140. Talled County surveys or individual surveys need to be mailed by June 14, 2019.

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Veronica Sustar

N2894 Overgaard Road

Mauston, WI 53948